

Virtual Accessible Yoga



Improve your physical and mental well-being.

Find your strength.

REQUIREMENTS

- Computer or tablet with camera
- Internet access
- Quiet space to set-up in your own home

PROGRAM COST

Yoga is a self-pay program. The fee is \$60.00 for 6 classes.

SCHEDULE

Mondays

Jan. 4- Feb. 8
10-11 AM

INFORMATION & REGISTRATION

Please e-mail dnardi@mghip.edu with questions or to determine if this is an appropriate class for you.
Email Danielle or Call (508) 771-1300 to register for this class.

Space is limited.

Movement, Mindfulness and More...

A 6-week **virtual** yoga series for individuals with neurological conditions and/or mobility considerations to learn the basics and explore the benefits of yoga and mindfulness. These gentle, slow paced classes taught by a Doctor of Physical Therapy and certified yoga teacher will offer pose options and variations to make the practice accessible and safe for all. Through this practice participants will develop strength, flexibility, balance, and coordination and learn breathing techniques and mindfulness to enhance physical and mental well-being.

Who Will Benefit From This Class?

This class is appropriate for individuals with varied available mobility and is considered a "multi-position" class. Participants may participate sitting in a chair for the entire practice or may choose to take standing or floor-level pose options (it is not a requirement to be able to stand or transfer to the floor for this class). No yoga experience necessary!

About Your Instructor

Danielle is a Doctor of Physical Therapy at Spaulding Outpatient Center in Hyannis, and a certified yoga teacher. She specializes in accessible and adaptive yoga and enjoys incorporating yoga into her therapeutic treatments.

